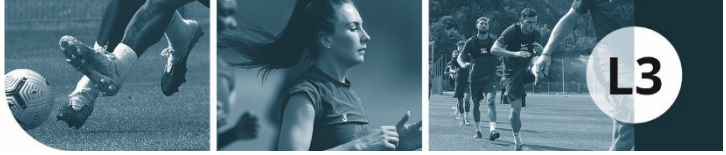
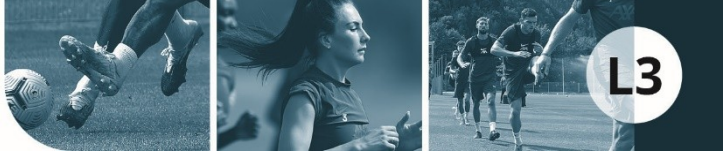


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 qualifications in Sport
Unit number and title	**27: Sports Psychology**
Learning aim	A: Explore the effect of personality and motivation on sports performance
Assignment title	Investigating how personality and sports performance affect sports performance
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been volunteering as a coach at a local football club whilst studying sport at college. You are intrested in sports psychology and want to investigate the psychological impact of personality and motivation on football performance. The club coach is very keen to see if sports psychology can help improve the players performance and has asked you to write a report which h explains the psychological impact of personality and motivation on sports performance.
Task 1	A report that investigates the psychological impact of personality and motivation on sports performance In your report you need to analyse and evaluate the theoretical principles surrounding personality and motivation. You should structure your report into two separate sections as outlined below. Each section should explain, analyse and evaluate how the factors may impact performance in sport and the relationship between them. A summary of the suggested content for each section follows: **Section 1: Personality factors** • Theories (Marten's schematic view, psychodynamic theory, trait theory, situational approach, interactional approach) • Types (A and B) • Effects on sports performance **Section 2: Motivation factors** • Views (trait centred, situation centred, interactional view) • Types (intrinsic and extrinsic) • Theories (achievement motivation and attribution



	theory) • Effects on sports performance • Developing a motivational climate
Checklist of evidence required	A report evaluating the psychological influences on sports performance covering the following theoretical areas: • Personality factors • Motivational factors

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
A.P1	Explain personality and how it affects sports performance
A.P2	Explain motivation and how it affects sports performance
A.M1	Analyse the effects of personality and motivation on sports performance
A.D1	Evaluate the effects of personality and motivation on sports performance, justifying ways to develop a motivational sports climate

Sources of information to support you with this Assignment	**Textbooks** Adams, M. et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2016) ISBN 9781292134000 Gledhill, A. and Forsdyke, D. (2015) The challenge of youth: Psychological responses to sports injury and rehabilitation. sportEx Medicine, 61. 8-12. Weinberg, A.S. and Gould, D. (2014) Foundations of Sport and Exercise Psychology, 6th edition, Champaign, IL: Human Kinetics. **Journals** Applied Sport Psychology International Journal of Sports Science and Coaching Journal of Applied Sport Psychology **Websites** Athletic insight: The online Journal of Sport Psychology www.athleticinsight.com British Association of Sport and Exercise Sciences www.bases.org.uk Mind Tools www.mindtools.com
Other assessment materials attached to this Assignment Brief	